

Tri-Service Vision Conservation and Readiness Program



US Army Center for Health Promotion and Preventive Medicine

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Ultraviolet (UV) Radiation Hazards

Sources

- Sunlight
- Welding
- Germicidal lights
- Resin curing lights
- Tanning booths/lights

High Risk Activities

- Welding
- Snow skiing
- Mountain climbing
- Sunbathing at the beach
- Long term daylight exposures

Vision Ready is Mission Ready!

Effects

- Photochemical damage
- Photokeratitis (snowblindness and welding flash burns). Symptoms develop in 30 minutes to 24 hours
- Possible cataracts and pterygiums
- Sunburn
- Increased wrinkling of the skin
- Increased incidence of skin cancer

How to Protect Against UV

- Brimmed hat outdoors
- Sunglasses with lenses that absorb UV radiation
- Reduce outdoor activities during midday hours, especially in summertime
- Proper tinted lenses for welding
- Protect skin with clothing and use of SPF-15+ sunscreen

Please visit our web site at:
<http://chppm-www.apgea.army.mil/dcpm/vcp/vcp.htm>

